



# **Army Physical Fitness Test Revision**

**1 March 2011**

# Background...Why Change?

- 2010 marks the 30th anniversary of the APFT
- APFT does not adequately measure components of strength, endurance or mobility; current test provides only a “snapshot” assessment of upper- and lower-body muscular endurance and *aerobic* (vs. anaerobic-aerobic) capacity
- APFT events have a low correlation to adequate performance of WTBDs and are not strong predictors of successful physical performance on the battlefield or in full spectrum operations
- Training for high APFT test scores usually takes precedence over physical training to enhance physical performance linked to mission/METL
- High-speed/repetition of push-up and sit-up in training lead to overuse injuries in the neck, shoulder and lower back; repetitive high volume running in training increases risk of overuse injuries to hips, knees, ankles and feet
- Atmospherics within the Force imply desire for “new” test
- Correlate with Physical Readiness Training TC 3.22-20

# Physical Training Campaign Plan

- ✓ **Phase 1 - Doctrine:** Implement Physical Readiness Training (Training Circular 3-22.20)
- ✓ **Phase 2 - Training:** Integrate PRT concepts into the self-development, institutional, and operational domains
- ❑ **Phase 3 - Testing:** Develop, validate and implement test(s) that more accurately measures the physical readiness and health of the force; bpt evaluate those test(s) and propose changes to Army leadership

## Phase 3 Actions (IMT Directive to APFS):

- Convene an advisory board of experts from inside and outside the Army into a Working Group to assess the current APFT
- Determine need to keep, modify, supplement, eliminate or develop a new test; provide recommendations on test protocol and potential events
- Ensure test or tests incorporate assessment of physical fitness levels and combat readiness components
- Ensure ease of test administration, minimal test resource requirements, gender and age norming
- Consider effects of test change on operating and generating force and implications of “strategic communications”

# Advisory Board/Working Group

Name	Position	Location
Mr Frank Palkoska	Director, USAPFS	Ft Jackson
Mr Steve Van Camp	Deputy Director, USAPFS	Ft Jackson
Dr Kelly Williams	Experimentation and Analysis Division	Ft Jackson
Dr Chip East	Professor, Physical Education	USMA, West Point
Dr James Morrow	Professor, Physiology	University of North Texas
Dr Matthew Mahar	Professor, Kinesiology	East Carolina University
Dr Joe Knapik	Research Physiologist	US Army Public Health Command
Dr Brad Nindl	Performance Physiologist	Natick, Environmental Med
Dr Neal Bumgartner	Program Director, AETC	Randolph AFB, Texas
Mr Chris Frankel, M.S.	Director of Programming, “Fitness Anywhere”	Encino, California
Dr Marilyn Sharp	USARIEM	Natick, Military Performance Div.
Mr Tim Bockleman, M.S.	Sports Medicine Coordinator	USMC, Parris Island
Mr Robert Stanley	Exercise Physiologist, APFRI	Carlisle, PA
Drill Sgt Leader (SFC) Lopez	US Army Drill Sergeant School	Ft Jackson
LTC Shawn Scott	Chief, Physical Therapy	MEDCOM
MAJ Deliah Woods	G8, FORSCOM	Ft McPherson, GA

# Proposed Army Physical Readiness Training (APRT)

Event	Components Assessed			<u>PRO</u> <ul style="list-style-type: none"> <li>• Easy transition from current APFT</li> <li>• Sit-up is eliminated</li> <li>• Appropriate entry-level assessment of foundational fitness / fundamental motor skills within IMT</li> <li>• Assesses mobility (speed and agility)</li> <li>• Assesses lower-body strength and power</li> <li>• Conducted in approximately same time as current APFT</li> <li>• Push-up and Rower, with no rest, provide a more accurate muscular endurance assessment</li> <li>• 1.5-mile run is “Gold Standard” assessments of aerobic capacity</li> <li>• 4 of 5 events may be conducted indoors (run outdoors)</li> <li>• Reduces initial and long-term injury risk by adjusting the ramp; allowing for a more appropriate running progression during the 10-week training cycle in IMT, less focus on excessive running in operational units</li> <li>• Eliminates non-load bearing alternate aerobic events (cycle ergo meter and swim)</li> <li>• Easily administered</li> </ul>
	Strength	Endurance	Mobility	
60-Yard Shuttle Run	Lower-Body Muscular Strength	Anaerobic Power	Speed Agility Coordination	
1-Minute Rower	Total-Body Muscular Endurance		Total-Body Coordination	
Standing Long Jump	Lower-Body Muscular Strength		Lower-Body Power	
1-Minute Push-up	Upper-Body Muscular Endurance		Trunk Stability	
1.5-Mile Run	Lower-Body Muscular Endurance and Aerobic Capacity		Speed Stability	<u>CON</u> <ul style="list-style-type: none"> <li>• Limited upper-body strength assessment (pull up is best)</li> </ul>



# Proposed Army Combat Readiness Test (ACRT)

Event	Components Assessed		
	Strength	Endurance	Mobility
<b>400-Meter Run w/WPN</b>	Upper-Body Muscular Endurance & Anaerobic Power		Coordination Speed Stability
<b>Individual Movement Techniques</b>	Upper-and Lower-Body Muscular Endurance		Agility Balance Coordination Speed Stability
<b>Ammo Can Shuttle Sprint</b>	Total-Body Muscular Strength & Endurance		Agility Coordination Speed Stability Power
<b>Casualty Drag</b>	Total-Body Muscular Strength & Endurance		Agility Coordination Speed Stability Power
<b>Agility Sprint</b>	Lower-Body Anaerobic Power		Speed Power

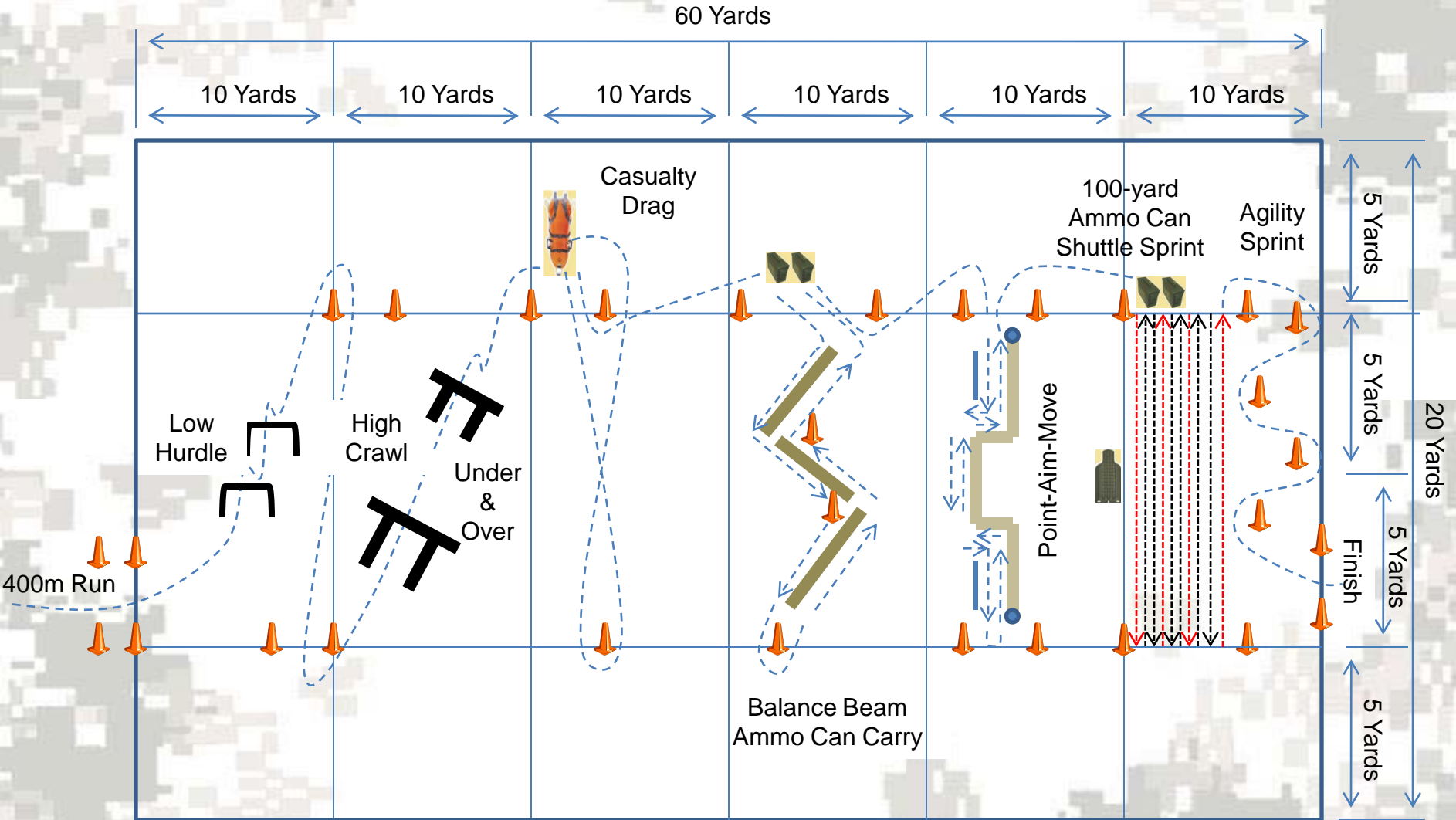
## PRO

- Balanced assessment of PRT components
- Correlation to WTBD concept and focus on “Train as you will fight”
- Assesses sustaining phase PRT from TC 3.22-20
- Requires less time per Soldier than current APFT (more time per unit)
- In combination with the APRT, provides commander a comprehensive assessment of Soldiers’ physical capabilities
- A culminating event, but difficult to “train for”

## CON

- Requires installation set-up, scheduling, and test site control

# Pilot ACRT Lane



# Standards Development

- **Establish Age Groups**

- Proposed alignment with American College of Sports Medicine and Cooper Institute
- New Age Groups: < 30, 30-39, 40-49, 50-59 and 60+ (both genders)

- **Propose Pilot Test Sites**

- Ft. Leonard Wood (BCT/BOLC),
- Ft. Benning (Infantry OSUT)
- Ft. Sill (BCT/BOLC/75<sup>th</sup> Fires)
- Ft. Jackson (BCT/SSI)
- Ft. Bliss (2/1 AD, US Army Sergeants Major Academy)
- West Point (selected Cadet Company)
- Ft. Bragg (select combat unit)
- Ft. Lewis (select CSS and RC unit)